

October 2017

GERONIMO JUNIOR/SENIOR HIGH

BREAKFAST



School Information: FRUIT, JUICE, CEREAL AND MILK SERVED DAILY.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

2
CINNAMON ROLL
CASSEROLE
BACON

Tuesday

3
POP TART
SAUSAGE

Wednesday

4
HAM & CHEESE
CROISSANT

Thursday

5
PANCAKE
YOGURT

Friday

6
SAUSAGE BISCUIT
GRAVY

9
SCAMBLED EGGS
SAUSAGE LINK

10
CEREAL
POP TART

11
EGG & CHEESE
QUESADILLA

12
FRENCH TOAST BAKE

13
SAUSAGE, BISCUIT
GRAVY

16
SCRAMBLED EGGS
BACON

17
NO SCHOOL

18
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

23
SCRAMBLED EGGS
BACON
ENGLISH MUFFIN

24
CEREAL
BISCUIT

25
CINNAMON ROLLS

26
HAM & CHESSE
HASHBROWN CASSEROLE

27
SAUSAGE, BISCUIT
GRAVY

30
BREAKFAST
BURRITO
HASHBROWN

31
BREAKFAST
CRISPITO

